

KANSAS WIC INFORMATION MEMORANDUM
KANSAS-WIC-I-2020-12

TO: Parent and Sub-Agencies

FROM: Dave Thomason
Nutrition & WIC Services Director

DATE: September 28, 2020

RE: For 2021, the State Agency (SA) Will Not Order Client Calendars for Local WIC Agencies (LAs)
Educating on Safe Food Preparation for Homemade Baby Food
Women's WIC Benefits after a Miscarriage – Recertify as Postpartum
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For 2021, the State Agency (SA) Will Not Order Client Calendars for Local WIC Agencies (LAs)

(Repeat from August I-Memo) In the past, the SA has ordered National WIC Association calendars that are distributed to LAs to give to their clients. For the 2021 calendar year, the SA will not order client calendars for LAs. LAs may choose to purchase calendars if they have a distribution and nutrition education plan and would like to do so.

If a waiver for in person WIC appointments continues and agencies are not seeing clients in the clinic, agencies might consider buying calendars and do a mailing for secondary Nutrition Education, then talk to clients on the phone.

The expense for purchasing these will be reimbursed by the SA and will be handled through the affidavit process, the same as other LA WIC purchases. The calendars should be categorized as a nutrition education expense. If a LA does not have adequate funds in the nutrition education line of their budget, funds can be moved from another category.

ACTION REQUIRED: If LAs have a plan for distribution and client nutrition education, they may choose to purchase 2021 NWA calendars. Links for ordering information are pasted below. **If you plan to use funds from your FFY 2020 allocation, the date of the order must be by SEPTEMBER 30, 2020. For orders received on or before SEPTEMBER 25, NWA will ship by NOVEMBER 16.** See <https://www.nwapublications.com/nwa-2021-calendar/>

**Time-
Sensitive**

Order the calendars online at nwapublications.com.

If you have questions or would like to request samples, call the toll-free number 1-800-231-4385, or email questions@nwapublications.com

Educating on Safe Food Preparation for Homemade Baby Food

Per policy, caregivers who choose to receive Fruit and Vegetable Benefit (FVB) in place of some baby food in the 9-12 month infant food package must “be trained on safe food preparation, storage and feeding practices before the FVB is issued.” It used to be easy to talk to the caregiver about Homemade Baby Food and give the handout, under the formal secondary nutrition education policy, which required all infants to come into the office for secondary nutrition education.

Now, with the recent changes to policy allowing caregivers of infants to complete a WICHealth.org lesson instead, it’s more difficult to provide the Homemade Baby Food information at a relevant time.

At the Midcertification, you may wish to ask if the caregiver would like to receive FVB when the baby turns 9 months old and assign the food package at that time. If the caregiver also selects WICHealth.org as their preferred secondary nutrition education, you may wish to develop a plan to email the caregiver shortly before the 9-12 month old food package begins and/or when benefits are issued remotely after completing the secondary nutrition education. The email message could be something like the following:

“Hi! I’m _____ from WIC. I wanted to let you know that your benefits starting _____ will include fresh fruits and vegetables for _____! There are many fruits and vegetables that your baby may choke on if not cooked and/or mashed. Learn how to make homemade baby food [here](#).”

ACTION REQUIRED: Suggest using the above instruction when educating caregivers on safe preparation of baby food. Some type of education on this must be provided if the caregiver requests a fresh fruit/vegetable benefit for a 9-12 month infant food package.

Women’s WIC Benefits after a Miscarriage – Recertify as Postpartum

Policy Reminder – It is a serious problem when clients are issued benefits without being correctly found eligible. As specified in [CRT 01.02.00 Certification Periods](#), a Pregnant woman’s certification period ends 6 weeks after the end of her pregnancy whether by delivery or miscarriage.

When a woman who is certified as PG reports a miscarriage, you MUST recertify her as a PP woman and not simply continue issuing a PG food package. Because of the six-week window after her PG certification period ends, it is okay if you issue her another month after her miscarriage date if she is due another set of benefits before her Postpartum certification appointment. (Processing standards of 20 days before the appointment still applies.) If she has PG benefits already issued for months beyond that window, staff must void those PG benefits.

When the woman is certified as Postpartum, staff will issue a new, appropriate food package. If a woman chooses to not continue with a certification as Postpartum, staff would still enter the Record End of Pregnancy information and void future PG benefits past the 6-week window. We know that staff are always considerate and caring in such situations, but this is something that must meet the policy.

ACTION REQUIRED: Review with all staff. Ensure that when a woman reports a miscarriage that she is certified as Postpartum rather than continue issuing benefits as a Pregnant woman.

BFPC Webinar & Reports

Webinar: The next BFPC and BFPC Supervisor webinar will be on **Thursday, October 15, 2020 1-2pm**. Minutes from the last webinar can be found [here](#) and the recording can be viewed on [GoToStage](#).

Reports: Please submit the BFPC 4th Quarter Report by **October 20, 2020**.

ACTION REQUIRED: All BFPCs and BFPC Supervisors, please register for the webinar [here](#). Submit the 4th Quarter Report to Lisa Medrow at lisa.medrow@ks.gov.

Research Update: New USDA report finds that consistent 4-year participation in WIC is associated with better diet quality among low-income children

A new report from the U.S. Department of Agriculture finds that consistent 4-year participation in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is associated with a higher quality diet among 4-year-old children. The finding, which was published September 8 in the [WIC Infant and Toddler Feeding Practices Study-2 \(WIC ITFPS-2\): Fourth Year Report](#), highlights the WIC Program's role in helping low-income children achieve a more healthful diet.

Since 1974, the WIC Program has safeguarded the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

To better understand WIC's impact on children's health and nutritional status, USDA funded the WIC ITFPS-2, also known as the "*Feeding My Baby*" Study, in 2011. WIC ITFPS-2 is the only national study to examine child-feeding practices, associations between WIC services and those practices, and the health and nutrition outcomes of children who received WIC around birth. This longitudinal study captures data on caregivers and their children across children's first 6 years of life, and the report published today focuses on findings from children's fourth year of life.

Among the many highlights from the *Fourth Year Report*, the study finds that caregivers who participate in WIC until their child is 4 years old truly value the education and support they receive through the program. In fact, the top reported reasons for continued participation are *the education received from WIC (94 percent)*, *the WIC food package (93 percent)*, and *the perception that WIC personnel listen when participants talk about their child's health (91 percent)*.

Findings from this new report also demonstrate how WIC nutrition education improves families' eating behaviors. According to the study, seven out of ten study participants report changing the way they eat or the way they feed their family because of something that they learned at WIC. Among the healthy changes being made, the most commonly reported changes include choosing healthier, more nutrient-dense foods or eating a more balanced diet (39 percent), and eating more fruits and/or vegetables (27 percent).

The full *Fourth Year Report*, along with a brief summary of the study's findings, is available online at: <https://www.fns.usda.gov/wic/infant-and-toddler-feeding-practices-study-2-fourth-year-report>

ACTION REQUIRED: Use as desired. Consider doing outreach in social media, newspaper, radio, using an adaptation of this information as a "hook".

FFY2021 Local Agency Contracts

The FFY2021 Local Agency Contracts were emailed on September 10, 2020. Thank you to those that have already signed and returned the contract. **Contracts are due October 16, 2020.** Once all of the contracts are submitted, they will be sent for the signature of the Secretary and then a copy will be returned to you. If you have not received the contract or are unable to email a signed copy of the contract, please contact Kelly Vickers at KDHE.KSWICFiscal@ks.gov.

ACTION REQUIRED: Check email to ensure that you have received the contract. Return signed contract by October 16, 2020.

Educational Opportunities

Reminder as posted in [April 2020 I-Memo](#):

"[KWIC Report Instructions](#)" is a new page located on the Information for WIC Local Agencies webpage that provides several instruction sheets for how to run and use various KWIC reports. Each instruction sheet includes these sections: "What does the report do?" "How can I use this report?" "How do I run this report?" "How do I interpret this report?" and "What does the data mean/where is it pulled from?" If you have other reports you would like to see instruction sheets for, please notify Lisa Medrow at lisa.medrow@ks.gov.

All educational opportunities are now posted to the KS WIC Training Webpage and are updated monthly. See [Educational Opportunities – Updated September 2020](#).

ACTION REQUIRED: Share with staff.

If you have any questions regarding this memo, please contact the state staff member assigned to your agency.

Items included below and/or provided as separate documents:

- None